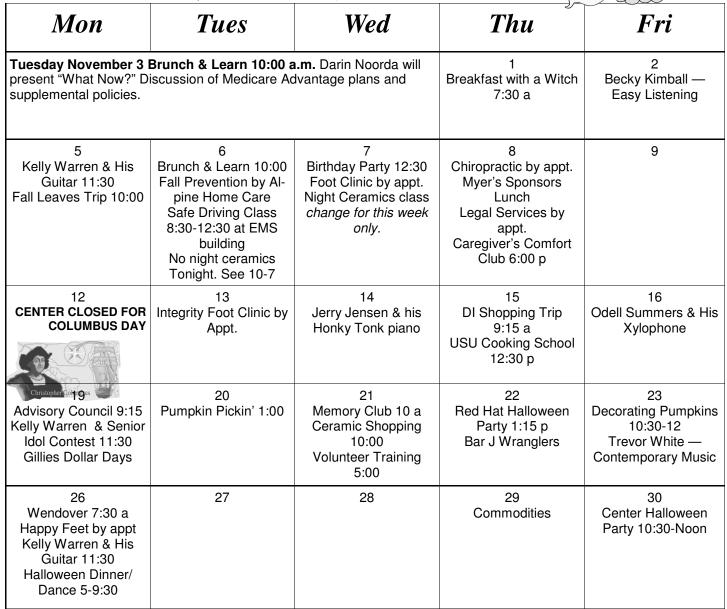
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## Senior News October

## October 2009 Activity Calendar

Subject to change.



## **DAILY**

Lunch M-F 12-1 Hall Walking 8-10 a Library M-F 8-4 Pool Room M-F 8-4 Computer Lab 8-12;1-4 **WEEKLY** Advanced Spanish M 10:00 a Tai Chi M 10:00a Intermediate Spanish T 10:00 Watercolor T 9:30-12

Square Dance T 7-10 p Line Dancing M/W 1:00 p Yoga Tu/Th 4:00 p Bridge/Pinochle Th 1:00 p Japanese Bunka Embroidery W 9:00 Tu/Th Ceramics 10-4 Ceramic NIGHT Class Tu 5-9 Sit & Dance Th 10:00 Sit & Be Fit W/F 10:00 a Tap Dancing W/F 9 a Beginning Ceramics F 10:00 a

Computer classes as scheduled: Contact Nancy to enroll.

**GENERAL INFO: Telephone** Reassurance, Friendly Visitor, Info. and Referral; Senior Transit M-W-F 723-3303 X18; MOW Hot meals M-F Frozen Sat-Sun.: Please make lunch & To Go reservations one day in advance.